

## ABSTRACT OF THE DISCLOSURE

The invention relates to an oval-tracked exercise apparatus for simulating hand-movement having a rotary body on the tail of a main frame and connected with one end of treadles on opposite sides thereof. The other end of the treadle is  
5 connected to an accessory rod of an adjusting mechanism driven by a motor. Both of the treadles move in oval track and in an offset position. By a connecting mechanism, the two rocker arms moves according to the treadles at the shaft for simulating a walking exercise on an uphill road or on a downhill road.